

PLANNING FOR A SUCCESSFUL SEASON

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- Season Outline: Pre-season, Early Season, In-season, Post Season
- Logistics: Schedules, Busses, Meetings, Uniforms
- Establishing Team Culture
- Training Student Athletes
- Technology and Coaching
- Professional Conduct
- Developing your Coaching Philosophy

SEASON OUTLINE

PRE-SEASON CHECKLIST

- Logistics
- Culture
 - Establishing Team Culture Early
 - Prospective Athlete Meeting
 - Pre-season Meeting
 - Post season Meetings
 - Parent Meeting
 - Team Policies
 - Goal Setting with Athletes
- Training

EARLY SEASON CONSIDERATIONS

- Managing "tryouts" in a no-cut sport
- Understanding the different motivations of athletes who come out for the sport
- Setting realistic individual and team goals
- Establishing culture of support
- Establishing a culture that embraces positivity and sportsmanship

LOGISTICS

LOGISTICS

- Transportation
- Meet Schedule
- Invite Schedule
- Post Season Schedule
- Team Events Schedule
- Prospective Athlete Meeting
- Pre-season Meeting
- Parent Meeting

KNOW YOUR BI-LAWS, RULES, AND POLICIES

- Practice dates – what are the restrictions?
- Team rules – write out a team philosophy bylaws: clear and concise.
- What is the club sport culture on your team?
- Physicals: get em done.
- Safety – presentation or talk to the kids, runners on the roads, discus, hammer, javelin.
- Coaches certifications for your coaches: what's needed?
- Positive coaching alliance.



TEAM CULTURE

CULTURE

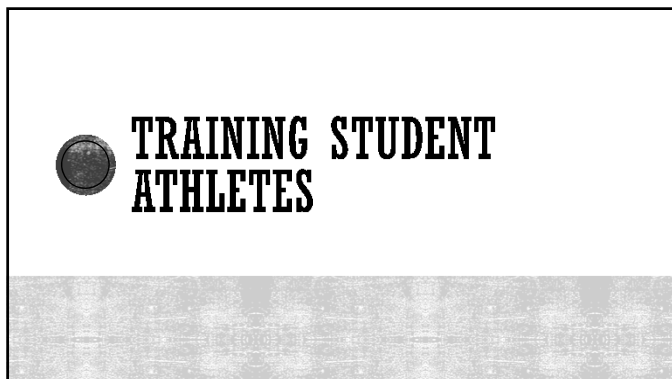
- Prospective Athletes Meeting – setting the tone early so people join for the right reasons.
- Pre-season Meetings – be clear about policy and expectations early, send information home to parents!
- Goal Setting with Athletes – Schedule time to meet with your athletes and help them form realistic goals.
- Parent Meeting – Create a culture of partnership early with your parents
- Team Events – Positive team culture comes from building relationships on and off the field.
- Team Policy – be clear and consistent – don't make exceptions based on performance or personal relationships

DEVELOPING TEAM CULTURE

- Creating a cohesive track team
- Create a space off the track where team bonding happens
- Mix up the groups
- Create general conditioning opportunities
- Team camps

PARENT MEETING

- Be clear with parents that your goal is to set create a positive program for their child and as part of the team we ask parents to,do the same
- Parents are part of the team
- Be sure parents read and sign, or at least sign, the team policy
- Communicate with parents regularly
- Create a space where



TRAINING

- Developing High School Distance Runners AND OTHERS IN TRACK AND FIELD:
 - There is no magic number that guarantees success
 - Every student athlete is different; As a coach, we must train them to race/compete
 - Some athletes are great trainers, others are gamers (racers) and some both – It is our job to work with each type of athlete on the track and help them prepare for successful competition
 - Before hitting the track with your athletes, each of us should have a plan formulated for the entire season based on the athletes' needs and pre-season goal meetings
 - Always understand that the greatest plans can fail. We can only learn from those failures by meeting afterwards to discuss why and make the necessary adjustments
 - Don't make HUGE adjustments!
 - Be sure you and your athletes are on the same page

SPRINTING

- A. Warm up and Cool Down
- B. Maximum Speed - Controlled
- C. Rest
- D. Form

One of the sad things of members of a track team is judge others about their workouts – a distance assumes that a sprinter is not working hard enough and has it easier than those in the longer race. The sprinter wonders why the distance runner is doing so many laps at such a slow pace.

D. The weigh guys ask each other why the sprinter and distance runner are doing workouts that don't use an implement (not including a baton) and the jumpers are another story.

SHOT AND DISC

- The shot and discus throw are the strength events of track and field. More than any other event, the shot put and discus rely on the direct application of power.
- In physics, power is defined as work divided by time. In other words, if an athlete does more work in the same amount of time, power output increases. Likewise, if an athlete does the same amount of work in less time, the power output also is increased. In both throwing events, power is the critical component.
- The shot put is considered a pushing event while the discus is regarded as a slinging event. Because both the shot put and the discus throws require athletes to generate and effectively apply great power, they are arguably the most technically complex events in track and field.

SHOT AND DISC

- **High school throwers should be good athletes to start.**
- **Throwers are required to perform numerous dynamic skills in concert to achieve good end results.**

SHOT AND DISC

- The primary consideration in coaching is **SAFETY**
- ***NO ATHLETE WILL EVER BE ALLOWED TO RETRIEVE AN IMPLEMENT WHEN THERE IS AN ACTIVE RING**
- ***NO ATHLETE (COACH, SPECTATOR OR OFFICIAL) SHOULD EVER TURN HIS OR HER BACK TO AN ACTIVE RING**
- ***ULTIMATELY SAFETY IS THE RESPONSIBILITY OF EVERYONE IN THE THROWING AREA**
- ***ONE MOMENT OF INATTENTION CAN LEAD TO A TRAGEDY.**

THROWS: PRINCIPALS OF TRAINING

- PROGRESSIVE OVERLOAD
- SPECIFICITY
- REPETITION
- RECOVERY
- INDIVIDUALITY

THROWS: SPECIFIC TRAINING

- ROTATIONAL ACCELERATION
- BALANCE
- RHYTHM
- BODY CONTROL
- RELAXATION

THE MECHANICS OF THE THROWS...

- The aim of both the shot put and discus throw is to propel the implement as far as possible to land within the designated sector.
- Five factors to be consideredSpeed of release – Angle of release – Height of the implement at release and with the discus (atmospheric conditions) – plus Horizontal axis: (SAH(AH)).

IMPORTANT CONSIDERATIONS

A Junior High or High School Coach Needs to Know The following:

- The importance of rest and recovery for the athlete
- The importance of proper warm up and cool-down
- Targeted strength and conditioning exercises appropriate for the athlete
- Coaches should develop a periodization schedule
- Coaches should always recognize and be aware of the individual differences of each student-athlete and be flexible about rest, mileage, homework load, testing days, and family obligations.
- Coaches should be up front with athletes about expectations on practice and meet attendance.



TECHNOLOGY AND COACHING

TECHNOLOGY AND COACHING

- Why Tech? - It's where they are...
- Can build team culture
- Allows coaches to communicate and share off the fields
- Enhances communication between coaches and athletes
- Broadens your resources beyond just what you and your coaches know

TECHNOLOGY AND COACHING

- Youtube
- Coaches Eye
- Flotrack
- Filming
- Social media

TECHNOLOGY AND COACHING

- Maintain appropriate professional boundaries
- Don't friend athletes using your personal accounts – create team accounts and keep your Athletic Directors and Admins in the loop
- Don't text athlete from your personal phone number – use other communication tools.
- Online behavior is treated the same as offline, except that online behavior runs it through a copy machine set on infinite copies...

PROFESSIONAL CONDUCT

BOUNDARIES

- Know your school and district policies
- If you hire – hire well!
- Social media – to friend or not to friend?
- Interactions – Athletes are for display only
- Maintaining professional relationships with coaches and parents is very important

BOUNDARIES

- Understanding expectations and limitations in the daily lives of your athletes
- Clarifying appropriate involvement and inappropriate involvement

HOW TO KEEP YOUR JOB: 101

- Always:
 - Interact in public if there is a 1:1 interaction
 - Interact in earshot of other adults
 - Refer notes or letters from students to a counselor
 - Transport more than one athlete if you're required to transport them at all, otherwise avoid it.

HOW TO KEEP YOUR JOB: 101

▪Refrain from:

- Bussing
- Kissing
- Hugging
- Patting
- Poking
- Gropping
- Grabbing

HOW TO KEEP YOUR JOB: 101

▪Understand:

- Adolescents are going through a period of sexual expression
- This is not an invitation
- Interact in earshot of other adults
- Reflect on your own behaviors and emotions regularly, and be sure these align with what constitutes professional behavior between an athlete and a coach

YOUR COACHING PHYLOSOPHY

DEVELOPING YOUR COACHING PHILOSOPHY

- What is your background? Take time to reflect.
- Head coaches, unless they are decathletes, usually need to develop a broader understanding of events to support event coaches and work with athletes.
- What team culture do you want to establish?
- Go around to every event – circulate, talk to each athlete.
- The Student-athlete – encouraging balance and healthy habits around training on and off the field
- What is your training philosophy?

THE *JOURNEY* BEGINS FOR US ON THE FIRST DAY OF PRACTICE – IT'S ABOUT THE JOURNEY.

- Kids begin on different levels so meet them where they are. "Walk through their door so they can walk through yours."
 - Some haven't prepared
 - Some may have other activities
 - Some may have over-trained
 - Some may have worked with other coaches
 - Some may have injuries
 - Maturity levels vary at these ages
 - We never really know what's going on at home: teachers and coaches are often more influential at this age than parents can be: Never take that responsibility lightly.

ABILITY TO ADAPT YOUR COACHING TO THE INDIVIDUAL NEEDS OF YOUR ATHLETES

- Kids begin on different levels
 - Some haven't prepared
 - Some may have other activities
 - Some may have overtrained
 - Some may have worked with other coaches
 - Some may have injuries
 - Maturity
 - Stuff at home

ABILITY TO ADAPT YOUR COACHING TO YOUR OWN UNIQUE SITUATION.

- Existing team culture – what are you starting with?
- Budget – be sure to get clear information from your AD about your resources
- Coaching staff – hiring well is everything – everything...
- Other obligations: What are your other contractual obligations as a coach. What is your "day job"?
- The only thing part-time about coaching is the pay.
- Are you on campus?

STRATEGIES FOR ORGANIZING, COMMUNICATING WITH, AND MOTIVATING YOUR ATHLETES

- Social media and electronic communications
- Team events: Schedule them early and as often as is reasonable.
- Establishing cultural leaders – choose your captains wisely.
- Differences between girls and guys.
- Mix it up– shot-putter's and distance runner movie night.

COACHING INSIGHTS GAINED FROM YOUR OWN EXPERIENCES AND THOSE EXPERIENCES LEARNED FROM OTHER COACHES ETC.

- Psych and training balance
- Not taking it too seriously
- Talk is cheap – let your results speak for themselves
- Encourage healthy preparation
- Hire well – and be hands off, don't create a need for micromanagement
- It is hard to make predictions, especially about the future – Yogi Berra

KNOWLEDGE ACQUIRED FROM COACHING CLINICS AND PERSONAL STUDY OF TECHNIQUE AND SPORT SCIENCE: EXERCISE PHYSIOLOGY, BIOMECHANICS, NUTRITION AND SPORT PSYCHOLOGY

- Relating physiology to athletes helps them understand why and how they train.
- Training is a 24-hour a day job – Diet, Sleep, preventative therapy, stretching, time management, academics, and even relationships with coaches and teammates.
- Finding a healthy/right balance between stress and disinterest: the right kind of nervous = excitement vs. fear.
- Keep is simple – you should be able to explain it to an 8 year old.
- Know your systems – Aerobic, Anaerobic, muscular, skeletal, and connective tissue.
- Relate stories and situations to athletes who need motivation and inspiration: David Hemery story on Mexico City.
- Jim Ryun – handling a loss – how do we handle expectations? How can we model this?
- Finding a balance between results-oriented, healthy expectations and what the kid can give that day.
- Don't get caught up in pushing the results on the athlete – it's about the journey.
- If you're in it for fame and glory or the money, you've come to the wrong place...

COACHING = TEACHING = MENTORING

- Understand what it means to be a No-cut sport
- We're in the business of crafting better citizens
- Establishing healthy habits for life:
 - Teamwork
 - Sportsmanship
 - Perseverance
 - Diet and Exercise

POSITIVE PERSONAL EXPERIENCES AS AN ATHLETE, A LOVE OF THE SPORT AND THE DESIRE TO ASSUME THE MANY ROLES OF A COACH TO HELP YOUNG ATHLETES IMPROVE

- Positive personal experiences as an athlete, a love of the sport and the desire to assume the many roles of a coach to help young athletes improve
- You'll have athletes, and you have participants – how do you handle this?
- Help them find a love of the sport, the team comraderie, and work ethic and how to improve